Mouth is the gateway to overall health

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Oral health and general health should not be interpreted as separate entities. As the gateway of the body, the mouth senses and responds to the external world and at the same time reflects what is happening deep inside the body. You cannot be healthy without oral health. "Diabetes: Gum disease affects 22 percent of people diagnosed with diabetes? People with diabetes have a decreased ability to fight off harmful bacteria and are thus more susceptible to gum disease. In like manner, bacteria from the mouth can cause blood sugar to spike and fluctuate, making diabetes harder to manage. Heart Disease: While health care professionals aren't completely sure as to why, heart and gum disease often go hand in hand. In fact, up to 91 percent of patients with heart disease have gum disease. It is believed that the link between these two conditions is inflammation. Cancer: Researchers have found that men with gum disease were 54 percent more likely to develop pancreatic cancer, 49 percent more likely to develop kidney cancer and 30 percent more likely to develop blood cancers. What's more, cancer treatments often have oral manifestations. Chemotherapy and radiation can cause sores in the mouth, sensitive gums, jaw and facial pain and dry mouth.

Other Complications: Gum disease has also been linked with stroke, kidney disease, osteoporosis, certain lung conditions and rheumatoid arthritis. Pregnant women with gum disease are more likely to have preterm births and low birth-weight babies. The problem with dental plaque: Links to infections and diseases: More than 500 species of bacteria thrive in your mouth at any given time. These bacteria constantly form dental plaque—a sticky, colorless film that can cling to your teeth and cause health problems. The most severe form of gum infection is called acute necrotizing ulcerative gingivitis, also known as trench mouth. By integrating oral health into strategies for promoting general health and by assessing oral needs in sociodental ways, health planners can greatly enhance both general and oral health. The key concept underlying future oral health strategies is integration with this approach, a major benefit being the focus on improving health conditions in general for the whole population and for groups at high risk, thereby reducing social inequities.

Biography

Arup Ratan Choudhury awarded FDSRCS, England, Fellowship in Dental Surgery from The Royal College of Surgeons of England by-Election in recognition of the enormous contribution made for the profession-2012. Dr Arup Ratan Choudhury is an exception achiever, specialist dental surgeon, humanist, media compare as well as a presenter in Radio, Television of Bangladesh. Who has devoted his life to the service of mankind, was born in 1952. He has shown a remarkable contribution in management of medically compromised patients and scientific research during the last 30 years.

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